

# PRIME TIME NEWS

## Mountain View Senior Center

### WHAT'S INSIDE

Special Events	Page 2
Our Center	Page 3
To Your Health	Page 4
Trips	Page 5
Keeping Current	Page 6
Social Services	Page 7,8
Nutrition Site Menu	Page 9
Monthly Calendar	Page 10

### SENIOR CENTER HOURS

#### Monday - Friday

8:30 a.m. - 5:00 p.m.

#### Evenings

Monday - Wednesday

6:30 p.m. - 9:00 p.m.

#### Second Sunday

Noon - 5:00 p.m.

### SENIOR CENTER STAFF

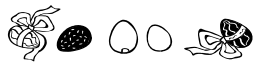
LAUREN MERRIMAN  
Senior Recreation Coordinator

HEATHER O'MEARA  
Recreation Coordinator

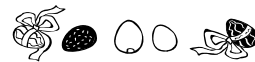
TERESA ESTAVILLO  
Office Assistant III

#### EVENING BUILDING ATTENDANTS

Zane Becker  
Jose DeAnda  
Kyle Ignitis



**APRIL 2006**



### WORKSHOP:

#### "HEALTHY AGING THROUGH EXERCISE "

Did you know that exercise helps build muscle and prevent osteoporosis? Join Scott Lohmann, Adaptive Physical Education instructor with Foothill College on **Thursday, April 6, at 1:00 p.m.** as he explains how healthy aging goes hand in hand with regular exercise. Come ready to exercise in this interactive workshop where you will learn stretching techniques as well as cardiovascular endurance, balance and use of free weights. Space is limited. To reserve a seat, please call the Mountain View Senior Center at (650) 903-6330.

### COMPUTER WORKSHOP:

#### "HOW TO USE MICROSOFT EXCEL"

Come and learn how to create an excel chart and organize data. Join Claudia Northrup on **Thursday, April 13, at 1:30 p.m.** as she explains the latest tips and hints to help you use Microsoft Excel more efficiently and successfully. Space is limited. To reserve a seat, please call the Mountain View Senior Center at (650) 903-6330.

### WORKSHOP:

#### "HEALTH AND LIFE PLANS FOR SENIORS"

Do you have questions about Medicare, long-term care, life insurance and savings plans? Join Dragos Sfinteanu, Sr. Insurance Consultant on **Thursday, April 20, at 1:00 p.m.** to learn about long-term care, how to choose a Medicare supplement, eliminate social security taxes, and much more. Space is limited. To reserve a seat, please call the Mountain View Senior Center at (650) 903-6330.

### ATTENTION!

Due to underground construction, the **Senior Center parking lot will be closed all day Monday, April 3, 2006 to vehicular traffic (cars).** Please make plans to park at the Community Center (201 South Rengstorff Avenue), the group BBQ area (off Crisanto Avenue), or at the Rock Church and walk in. If you normally walk to the Center from Escuela Avenue, there will be a walking path available. We apologize for any inconvenience this may cause.

City of Mountain View [Community Services Department] Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330

# SPECIAL EVENTS

## SUNDAY PROGRAM



Join us for a fun-filled afternoon of activities on the second Sunday of each month from Noon to 5:00 p.m. Refreshments will be served at all scheduled activities. See you there!

### Here's What's Happening on SUNDAY, APRIL 9:

#### **BINGO: 12:30 p.m.**

Come and enjoy a Sunday of BINGO. We will play ten FREE rounds in Elm Room #5. For the first nine rounds, the prize will be \$1.00 per round. The grand prize tenth round pays \$5.00! Play is limited to one card per person, per game, and all jackpots will be split in the event there are multiple winners.

#### **DANCING: 1:00-3:00 p.m.**

Enjoy the wonderful music of "Mike Johnson and His Sound Wizards". Dance the afternoon away! Admission is \$5.00 per person.

#### **MOVIE: 2:00 p.m.**

Yours, Mine and Ours (2005)

(Runtime: 87 minutes)

Starring: Dennis Quaid, Rene Russo

Synopsis: Dennis Quaid and Rene Russo take on the roles made famous by Henry Fonda and Lucille Ball in this remake of the 1968 comedy about two single parents who plan to marry and merge into one "happy" family. But when the Coast Guard admiral and father of eight (Dennis Quaid) and the handbag designer with 10 tykes (Rene Russo) prepare to wed, their kids attempt to sabotage the union.

# Movie Matinee

Movies are shown every Friday in the Magnolia Room #9 at 1:00 p.m. There is no fee to enjoy the movie and seating begins at 12:30 p.m. For a more detailed description of the movies, please pick up a flyer in the Front Lobby.

## APRIL MOVIES

#### **Friday, April 7:**

Walk the Line

(Runtime: 136 minutes)

Starring: Joaquin Phoenix, Reese Witherspoon

#### **Friday, April 14:**

Cheaper By the Dozen 2

(Runtime: 94 minutes)

Starring: Steve Martin, Bonnie Hunt

#### **Friday, April 21:**

Dreamer

(Runtime: 106 minutes)

Starring: Kurt Russell, Dakota Fanning

#### **Friday, April 28:**

The Greatest Game Ever Played

(Runtime: 121 minutes)

Starring: Tyler Brody Stein, Shia LaBeouf

# OUR CENTER

## SAVE THE DATE!!

The 5th Annual Fashion Show will be held on Wednesday, June 7. We are looking for 7-10 female models as well as 2-3 male models. If you are interested in being a model, please stop by the front desk to see Heather or Teresa. Please look for more details in the May Prime Time News.

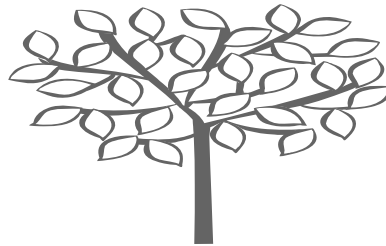
## NEW SENIOR CENTER CONSTRUCTION UPDATE



Spring is in the air and our new building is becoming more complete everyday! Although, a lot of the construction is happening inside the building (electrical, plumbing, fire sprinklers, dry walling, window and door installation and more) we should notice the finished roof and gutters, and the beginnings of the outside stucco. Remember: the parking lot will be **closed on Monday, April 3, 2006**. Please continue to drive slowly, watch for pedestrians, and be patient. 7 months and counting!

## DONATE TO CELEBRATE THE NEW SENIOR CENTER

### DONOR BOARD—GIVING TREE



The New Senior Center will feature a donor board recognizing financial contributions of \$25 or more. In order to be included on the donor board when the new Senior Center is dedicated, please submit a completed application form and a check or money order to the City by June 30, 2006. Pick-up an application at the front desk.

### LANDSCAPING DONATIONS

Donors making a financial contribution of \$1,000 or more, have an option of requesting a plaque or marker and can be included as part of a tree or bench installation at the Center in lieu of recognition on the Center's donor board. Please submit your request in writing to the City by June 30, 2006. Call (650) 903-6330 for more information.

## EXERCISE EQUIPMENT ORIENTATION



Orientation is required before using the machines and is offered every Wednesday,

by appointment only. Please call the Mountain View Senior Center at (650) 903-6330 to schedule an appointment. Please consult a physician before beginning any exercise program.

## NEWCOMERS' GROUP

Welcome to the Mountain View Senior Center!! An orientation and tour of the Senior Center is scheduled for Tuesday, April 18, 2006 at 11:15 a.m. An overview of classes, upcoming events, social services and general information will be available.

## *VOLUNTEER CORNER*

### Volunteer Hours for March

Blood Pressure	1
Brown Bag	248
Game Room Maintenance	1
Garden	70
Receptionists	100.5
Social Services	10
Taxes	240
Teaching	38
<hr/>	
Total	708.5!

# TO YOUR HEALTH

## EATING WITH AVOCADO

Avocados are one of nature's whole foods - a natural for today's healthy lifestyles. They're cholesterol-free, sodium-free and contain just 5 grams of fat per FDA-serving, the majority of which is monounsaturated. <http://www.cancer.med.umich.edu/learn/nutravocado.htm>

### Better Choices:

Dip into guacamole with a baked tortilla chip instead of devouring potato chips and sour cream ranch dip. **(7g fat vs. 35 g fat)**

Toss your salad with fresh avocado slices and balsamic vinegar instead of reaching for the Italian salad dressing.

For a new twist on deviled eggs, fill egg white halves with guacamole instead of the expected yolk and mayo. **(about 80 mg of potassium per Tbsp. vs. 10mg potassium)**

Spread 2 Tbsps. of mashed avocado (55 calories) on whole wheat toast instead of 2 Tbsps. of butter on white toast. **(55 calories vs. 214 calories)**

Mash potatoes with an avocado instead of sour cream or butter. Along with the tasty surprise, you will add at least a gram of fiber to each serving. **(55 calories per serving vs. 105-215 calories per serving)**

### Just look at some of the wholesome goodness avocados can offer you:

**Vitamin E** -Antioxidant that protects body tissue from the damage of oxidation; also important in the formation of red blood cells.

**Magnesium** - Plays a role in the production of energy and is important in muscle contraction and relaxation. Avocados contain more magnesium ounce per ounce than any of the most commonly consumed fruit.

**Dietary Fiber** - Can lower bad cholesterol and reduce the risk of heart attack. Ounce per ounce, avocados have the highest fiber content of any fruit.

**Monounsaturated Fat** -The fat in avocados is mostly "good" fat - the same type found in olive oil, which studies have shown lowers blood cholesterol.

## AVOCADO CILANTRO BAGEL SPREAD

### Ingredients

1 ripe Genuine California Avocado  
1 oz goat cheese  
¼ tsp onion powder  
1 ½ Tbsp chopped cilantro  
1/8 tsp black pepper  
dash of cayenne pepper  
1/8 tsp salt  
1 Tbsp fresh squeezed lime juice

### Instructions

1. Combine avocado with goat cheese and mix until well blended.
2. Add remaining ingredients and mix well.
3. Adjust salt to taste.
4. Let stand for 1 hour at room temperature to let flavors blend. Serve with favorite bagels.
5. Garnish with fresh lime slices and a sprig of cilantro.

# TRIPS & EXCURSIONS

## MOUNTAIN VIEW TRAVELERS

Payment can be made by check or money order only. THE TRIP SELLING DESK IS OPEN ONLY ON THURSDAYS, 10:00-11:45 a.m. The phone number during selling hours is (650) 903-6447. Payment for trips is taken only during selling hours. Checks cannot be left at or mailed to the Senior Center. Each person can sign up for a maximum of two people. TRIPS MUST BE PAID FOR AT LEAST 30-DAYS IN ADVANCE. Contact Arletta Jurasinki @ (650) 969-0793.

### BLOOMING TRAILS: WONDER VALLEY & DEATH VALLEY

Sunday-Friday

March 26-March 31, 2006

\$965.00 Per Person, Double Occupancy

\$189.00 Single Supplement

### THUNDER VALLEY

Tuesday

April 4, 2006

\$29.00 Per Person

### SONOMA GRAPE VINE

Tuesday

April 18, 2006

\$72.00 Per Person

### ALASKA'S INSIDE PASSAGE

Tuesday-Friday

May 16-26, 2006

Please see flyer for rates ~ rates vary by room category and location

### THE OX ROAST FESTIVAL

Sunday

June 4, 2006

\$47.00 Per Person

### CHUKCHANSI & TABLE MOUNTAIN

Tuesday & Wednesday

June 6 & 7, 2006

\$80.00 Per Person, Double Occupancy

\$130.00 Per Person, Single Occupancy

### LAUGLIN & LAS VEGAS

Tuesday-Thursday

October 3-5, 2006

\$130.00 Per Person, Double Occupancy

\$160.00 Per Person, Single Occupancy

Bus loads 15-minutes before departure. For DAY trips, please park at The Rock Church located at 263 Escuela Avenue, located directly across the street from the Senior Center. PLEASE DO NOT PARK IN FRONT OF THE DUMPSTER. For OVERNIGHT trips, please park at the Community Center, located at 201 S. Rengstorff Avenue.

# KEEPING CURRENT

## NATIONAL VOLUNTEER WEEK

National Volunteer Week is April 24 – April 28. The Senior Center would not be what it is today without the 100+ volunteers that offer their valuable time and talents. These volunteers perform many duties throughout our center including front desk receptionists, class instructors, nutrition volunteers, Brown Bag Volunteers, tax preparers, blood pressure nurses, ASAP program drivers, and much more. The Senior Center would like to take this opportunity to say THANK YOU for the many hours you offer to others. The next time you see a volunteer at the Senior Center, please take the time to say thank you.

## CITY OF MOUNTAIN VIEW 28th ANNUAL SPRING PARADE

The parade will be held on Saturday, April 22<sup>nd</sup> at noon, rain or shine, along Castro Street. This year's theme is "Disco Days are Here Again!" and will include children's schools, clubs and teams as well as local businesses and non-profit community groups. Stay after the parade and enjoy special activities, music, delicious food and entertainment in Pioneer Park.

## WORKSHOP: "LEARN TO USE THE INTERNET FOR RELIABLE HEALTH INFORMATION"

Please join the Community Services Agency for this informational workshop at the Mountain View Senior Center on **Thursday, April 27, at 1:00 p.m.** in Walnut Hall # 1. Join Jack Black, Medical Librarian for El Camino Hospital along with CSA Senior Case Managers as they help your learn how to find the best websites for health information, complementary medicine information, and community resource websites. See you there! For more information or to reserve a seat, please call (650) 903-6330.

## 55-ALIVE MATURE DRIVING

The 55-Alive Mature Driving classes will be offered by AARP at the Mountain View Senior Center. **The next class is scheduled for Tuesday, June 6 and 13, 2006 from 6:00 - 10:00 p.m.** The fee for the 8-hour classroom driving instruction session is \$10. To register, come in or mail a check payable to AARP dated for the first day of the session. Send to Mtn. View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. Sign-ups are taken until 3:30 p.m. each week day.

## ENJOY THE MOUNTAIN VIEW LIBRARY!!

Look for these and other large print books on the second floor of the Mountain View Public Library, 585 Franklin Street. For more information or to reserve a book, call (650) 903-6337 or visit the Library web site at [library.ci.mtnview.ca.us](http://library.ci.mtnview.ca.us).

## 4 & 5 STAR READING

Julie Otsuka—*When the emperor was divine*

James Grippando—*Got the look*

Sue Monk Kidd—*The secret life of bees*

## AARP CHAPTERS

**MID-PENINSULA CHAPTER**  
Sunnyvale Senior Center, 550 E. Remington Ave., the first Wednesday of each month. Call Lucien (Lu) A. Zentner, at (408) 730-7360, ext. 2162.

**PALO ALTO CHAPTER**  
Second Thursday of each month, 1:30 pm at the Palo Alto Cultural Center, 1313 Newell Road. Call (650) 323-2398.

**INFORMATION CENTER**  
Carolyn Marmor at (408) 278-1855.

# HEALTH & SOCIAL SERVICES

## HEALTH SERVICES

### **BLOOD PRESSURE CHECK**

First Friday of each month, 9:30-10:30 a.m. Provided by volunteer nurses.

### **GUIDE TO CALIFORNIA MEDICARE HMOs**

Free guide provided by Consumers Union/Consumers Reports. Call 1-888-430-2423 or visit [www.chcf.org](http://www.chcf.org)

### **HEALTH RESOURCE CENTER**

Support groups for many medical issues, health library, lectures, classes, Vial of Life, Communi-Call, Roadrunners & other health services. Call (650) 988-7622.

### **HEARING SCREENING**

We are sorry to report that this service is currently unavailable. Professor David Tang has retired and we are searching for a replacement. Once a replacement has been secured, we will let you know. Thank you for your patience and understanding.

### **HICAP**

Medical insurance, long-term care, Medicaid, & Medigap counseling. Call (650) 903-6330 for an appointment.

### **MULTI-PURPOSE SENIOR SERVICES PROGRAM**

Case management to help elderly remain at home or return home from hospitalization. Call (408) 296-8290. Provided by Council on Aging, Santa Clara County.

## **PODIATRY SCREENING**

Third Wednesday of each month. Call (650) 903-6330 for appointment. Provided by Dr. Yavrom.

## SOCIAL SERVICES **BENEFITS CHECK UP**

A free program to help seniors find assistance programs you are qualified for. Visit Benefits Check Up.org or call (408) 280-7791. Offered by the National Council on Aging.

### **HANDICAP ACCESS**

Modifications made to homes due to disability. Service is provided to low income, disabled tenants or homeowners. Call (408) 971-0888.

### **HOME REPAIR**

Free minor home repairs to qualified homeowners. Call "Handy worker program" at (408) 971-2560 for an application and eligibility information.

### **HOUSING HINTS**

"Where to Live, A Guide for Older Adults", is available for \$7.50 (add \$2.00 if mailed) from Avenidas. Call (650) 289-5400.

### **AVENIDAS HANDY MAN SERVICE**

Low cost handyman services to Mountain View homeowners 60+ years. Services include electrical, plumbing, painting, carpentry, yard cleaning, and installation of safety & security devices. Call (650) 289-5426.

## **PROVEN PEOPLE: SENIOR EMPLOYMENT PROJECT**

Matches jobs to people 55+ years, no fee. Call (408) 730-7368.

### **SENIOR ADULT LEGAL ASSISTANCE (SALA)**

The 3rd Thursday of each month. Call (650) 903-6330 for an appointment. Clients must be 60+ years & a Santa Clara County resident. Services provided by volunteer attorneys or para-legal personnel. Legal assistance provided for social security, medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, & simple wills.

### **SENIOR SERVICES DIRECTORY AVAILABLE**

The Council on Aging has released the Senior Services Directory for 2004/2005. This directory offers resources for seniors, family members and caregivers. All services are listed by category, which makes it very easy to use. A sample is available to view at the front desk. This directory is available at the Senior Center for \$5.00. We have a limited amount so get your copy today.

### **SENIOR CASE MANAGER**

Consultation with seniors & families regarding life changes. Case manager available, drop-in basis, first Friday of each month, 10:00-11:00 a.m. *Provided by Community Services Agency, (650) 968-0836.*

# FOOD, TRANSPORTATION & MORE...

## FOOD SERVICES

### **BROWN BAG**

Bag pick-up is every Tuesday, 9:30 - 10:45 a.m. Pre-registration is necessary. Please see the front desk for more information or visit the Brown Bag program on Tuesday, between 9:30—10:45 a.m. Sponsored by the Second Harvest Food Bank. For more information, please call 1-800-984-3663.

### **MEALS ON WHEELS**

Weekly delivery of meals is available to homebound seniors 60+ years. Participant donation suggested. Call Council on Aging at 1-408-296-8290 or The Health Trust at 1-408-961-9870.

### **NUTRITION PROGRAM**

Lunch is served Monday-Friday at Noon, sign-in by 11:30 a.m.. Suggested donation is \$2.00, additional information on pages 4 & 9. For information, call (650) 964-6586. Sponsored by Community Services Agency.

## TRANSPORTATION

### **VTA & CALTRAIN**

Valley Bus and train schedules are available for pick-up.

### **VTA TRANSIT DISCOUNT CARDS / STICKERS**

VTA will be at the Center on Friday, May 5, 2006 from 10:00 a.m. - 12:00 p.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. A limited number of discount stickers go on sale the 15th of each month.

Tickets are sold Monday-Friday, 8:30 a.m. - 12:30 p.m., \$26.00 each. Exact change is required.

### **OUTREACH**

#### **TRANSPORTATION AGENCY**

Provides rides for qualified applicants who are unable to use public transit. Must apply to Outreach. Call 1-800-400-6222.

### **HOW TO GET HERE...**

The #35 stops at the corner of California & Escuela Ave. weekdays at 8:21, 9:20, 10:19, 11:19 am, 12:21, 1:21 & 2:20 from Mtn. View Transportation Center on Castro & Evelyn Ave.

### **ROADRUNNERS**

Rides provided within 10 miles of El Camino Hospital weekdays, 8:00-3:45 p.m. Fee based on miles driven. Call (650) 940-7016. Sponsored by El Camino Hospital.

## THERE'S MORE!

### **ACTIVITY BINDER**

Activity guides from nearby Senior Centers & Adult Education centers are available at the front desk.

### **COFFEE BAR & COOKIES**

Coffee, tea, or hot chocolate is available for \$.25. Cookies are \$.30.

### **COMPUTER LAB**

Two PCs are available for internet use in the Technology Center.

### **DMV DRIVING TESTS**

Copies of used DMV tests are available at the front counter.

### **EXERCISE EQUIPMENT**

Orientation is required before using the machines and is offered every Wednesday, by appointment only. Please call the Mountain View Senior Center at (650) 903-6330 to schedule an appointment. Please consult a physician before beginning an exercise program.

### **MOVIES/BOOKS ON TAPE**

Donated videos, DVDs & Books on Tape can be checked out for one week, free of charge. A limit of 5 on all items, please.

### **ON LINE INFORMATION**

The Mountain View Senior Center Prime Time News and Class Guide can be read through the City of Mountain View's web site: [http://www.mountainview.gov/citydepts/cs/rec/senior\\_center.htm](http://www.mountainview.gov/citydepts/cs/rec/senior_center.htm)

### **BOOK LIBRARY**

Donated paperback books are available for \$.10 cents each. Please pay at the front desk. A limit of 5 books, please.

### **SERVICE BINDER**

The Service Binder contains employment listings, items for sale, and housing information. Please stop by the front desk to view the binder.

### **STAMPS & MAIL**

A maximum of 5, \$.39 postage stamps, can be purchased at the front counter. There is also an outgoing mail basket.



# Mountain View Senior Center Calendar

## APRIL 2006

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 9:00 Stitchery 10:15 Tai Chi 10:30 ESL - Advanced Low 10:30 ESL - Beg. High 12:00 Lunch 12:45 Arthritis Self-Help Pgrm 1:00 Woodcarving 1:00 Ceramics - Basic 1:30 Quiltmaking Tech  <b>PARKING LOT CLOSED!</b>	<b>4</b> 8:30 Hike for Health 9:00 Tax Appointments 9:00 Drawing & Watercolor Noon Lunch 12:30 Karaoke 12:30 Spanish - Int.	<b>5</b> 9:00 Oils & Acrylics 9:00 Tax Appointments 9:30 Ceramics, Small Clay Sculpture 9:45 Chorus 11:00 Exercise Orientation Noon Lunch 12:00 Orchestra 1:00 Knitting 1:00 Ceramics - Basic	<b>6</b> 8:30 Hike for Health 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 9:15 Sewing 10:00 Trips 10:30 ESL - Advanced Low 10:30 ESL - Beg. High Noon Lunch 1:00 Workshop: Exercise 1:30 Quiltmaking - Beg.	<b>7</b> 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 9:00 Calligraphy 9:30 Blood Pressure 10:00 VTA Photo 10:00 Sr. Case Manager 10:30 ESL - Adv. Low 10:30 ESL - Beg. High 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - "Walk the Line" 1:00 Line Dancing 2:15 Square Dancing
<b>10</b> 8:45 Yoga 9:00 Stitchery 10:15 Tai Chi 12:00 Lunch 12:45 Arthritis Self-Help Pgrm 1:00 Woodcarving 1:00 General Conditioning	<b>11</b> 9:00 Tax Appointments 11:30 Arthritis Exercise Noon Lunch 12:30 Karaoke 1:00 Low Impact Aerobics	<b>12</b> 9:00 Tax Appointments 11:00 Exercise Orientation Noon Lunch 1:00 Knitting	<b>13</b> 8:45 Yoga 9:30 HICAP 10:00 Trips 10:15 General Conditioning Noon Lunch 1:00 Low Impact Aerobics	<b>14</b> 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - "Secondhand Lions" 1:00 Line Dancing 2:15 Square Dancing
<b>17</b> 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 9:45 Yoga 9:00 Stitchery 10:15 Tai Chi 10:30 ESL - Adv. Low 10:30 ESL - Beg. High Noon Lunch 12:45 Arthritis Self-Help Pgrm 1:00 Woodcarving 1:00 Ceramics - Basic 1:00 General Conditioning 1:30 Quiltmaking Tech	<b>18</b> 8:30 Hike for Health 9:00 Drawing & Watercolor 11:15 Newcomers' Group 11:30 Arthritis Exercise Noon Lunch 12:30 Karaoke 12:30 Spanish - Int. 1:00 Low Impact Aerobics	<b>19</b> 9:00 Oils & Acrylics 9:30 Ceramics, Small Clay Sculpture 9:45 Chorus 10:00 Podiatry 11:00 Exercise Orientation Noon Lunch 12:00 Orchestra 1:00 Knitting 1:00 Ceramics - Basic	<b>20</b> 8:30 Hike for Health 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 8:45 Yoga 9:15 Sewing 10:00 Trips 10:15 General Conditioning 10:30 ESL - Adv. Low 10:30 ESL - Beg. High Noon Lunch 1:00 Low Impact Aerobics 1:00 Workshop: Health/Life Plans 1:30 Quiltmaking - Beg. 1:30 SALA	<b>21</b> 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 9:00 Calligraphy 10:30 ESL - Adv. Low 10:30 ESL - Beg. High 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - "Dreamer" 1:00 Line Dancing 2:15 Square Dancing
<b>24</b> 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 8:45 Yoga 9:00 Stitchery 10:15 Tai Chi 10:30 ESL - Adv. Low 10:30 ESL - Beg. High Noon Lunch 12:45 Arthritis Self-Help Pgrm 1:00 Woodcarving 1:00 Ceramics - Basic 1:00 General Conditioning 1:30 Quiltmaking Tech	<b>25</b> 8:30 Hike for Health 9:00 Drawing & Watercolor 11:30 Arthritis Exercise Noon Lunch 12:30 Karaoke 12:30 Spanish - Int. 1:00 Low Impact Aerobics 1:00 HICAP	<b>26</b> 9:00 Oils & Acrylics 9:30 Ceramics - Small Clay Sculpture 9:45 Chorus 11:00 Exercise Orientation Noon Lunch 12:00 Orchestra 1:00 Knitting 1:00 Ceramics - Basic	<b>27</b> 8:30 Hike for Health 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 8:45 Yoga 9:15 Sewing 10:00 Trips 10:15 General Conditioning 10:30 ESL - Adv. Low 10:30 ESL - Beg. High Noon Lunch 1:00 Low Impact Aerobics 1:00 Workshop: Internet/ Health 1:30 Quiltmaking - Beg.	<b>28</b> 8:45 ESL - Beg.Lit./Low 8:45 ESL - Intermediate 9:00 Calligraphy 10:30 ESL - Adv. Low 10:30 ESL - Beg. High 11:30 Arthritis Exercise Noon Lunch 1:00 Movie - "The Greatest Game Ever Played" 1:00 Line Dancing 2:15 Square Dancing



**COME ENJOY OUR SUNDAY PROGRAM:**  
**SUNDAY, APRIL 9, 2006**  
**Noon - 5:00 p.m.**

